



Erie County Department of Senior Services Commissioner, David Shenk



Hello July! Hello MONTH of FUN!

There are soo many reasons to celebrate in the month of July. First and foremost the month of July marks the **midway** point of the year. Can you believe we made it half way through **2021** already?

July is also considered the month of fun thanks to the biggest **patriotic party** of the year starting the first week: Independence Day!! In addition, don't forget to mark your calendars with these **July holidays** so you have all the more reason to **celebrate** in the month of July:

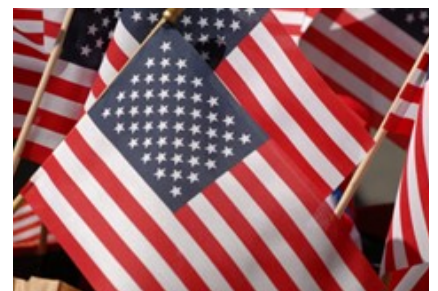
- ⇒ Sunday, July 15th - **National Ice Cream Day**
- ⇒ Sunday, July 22nd - **Parents' Day**
- ⇒ Friday, July 27th - **National Korean War Veterans Armistice Day**
- ⇒ Friday, July 30th - **International Day of Friendship**

Still don't have enough reasons to celebrate the month of fun yet?

Check out all the fun activities happening at **the Erie County Senior Services**. Any questions call **716-858-8526**.

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University Express

Greetings from University Express! Our spring semester is beginning to wind down. We hope you have been enjoying yourself! If you happened to miss something, you can visit our website at erie.gov/universityexpress to see if the recording is there.

Head over to our [website](#) to see what topics we have left! You will find things like Hockey 101, Caring for your Houseplants, Roundabouts, and more! Are you looking to learn about a particular topic? Contact Katie Earl and let her know! She can be reached by phone at 858-7605 or email at Katherine.earl@erie.gov.

Make sure to join our email list serve so you are up to date on all the latest University Express news. You can sign up for it on our [website](#).



RSVP

As we celebrate the 245th birthday of our country, we are proud to dedicate our space in this month's publication to share an example of the important role volunteering has played in American history. The Ladies' Aid Societies that emerged during the Civil War provided a glimpse into the future of how individual efforts would eventually become part of more organized volunteer efforts.

The Civil War claimed over 620,000 lives, an astounding 2% of the entire United States population. The main cause of death, accounting for nearly two out of every three deaths, was not the battlefield, but disease. Dysentery, malaria, typhoid fever, and pneumonia ran rampant throughout troops. This was due to overcrowding, poor hygiene, the absence of sanitary disposal methods, inadequate diets, and no scientifically based treatments for diseases.

Informed and inspired by the work of Florence Nightingale during the Crimean War and her understanding of how sanitary conditions could save lives, women on the home front organized their sewing circles and individual efforts to support loved ones into an organized movement. Known as Ladies' Aid Societies, or Soldiers' Aid Societies, these women coordinated massive donations of supplies, fresh food, clean clothing, and nursing services for both Northern and Southern troops.

The United States government soon recognized the important work these women were engaged in. It created the U.S. Sanitary Commission to inspect Army facilities to ensure better sanitation while also supporting the efforts of existing Ladies' Aid Societies. The support was mutual, however, as the U.S. Sanitary Commission, or USSC, was funded entirely through voluntary donations. The Ladies' Aid Societies assisted in raising an estimated \$25 million in Civil War era revenue through fundraising efforts such as hosting picnics, pageants, and fairs. Frederick Law Olmsted, a well-known name in our County, acted as executive secretary for the Commission.

This was an early example of how government worked alongside private citizens to achieve a common goal—and eventually, the rate of disease decreased among Union troops. This tradition of service has continued, and we invite you to join in this legacy as a member of Erie County RSVP! If you want to hear more from us, email us at RSVP@erie.gov to sign up for our monthly newsletter which provides opportunities for you to get involved in making our community a better place to live.



Recipe of the Month



Baked Chicken Drumsticks

After a quick marinade, these drumsticks bake in the oven in no-time and stay extremely tender and juicy. The high heat helps the skin get nice and crispy for perfectly baked drumsticks that only take about 20 minutes to bake!

Ingredients

- 1/4 cup low-sodium soy sauce
- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, minced
- Juice of 1 lemon
- Pinch crushed red pepper flakes
- 8 chicken drumsticks (about 3 lbs.)

Instructions

In a large bowl, combine soy sauce, olive oil, garlic, and lemon juice. Season with salt, pepper (if desired), and a pinch of red pepper flakes. Add drumsticks and toss to coat. Refrigerate and let marinate at least 30 minutes, or preferably overnight.

Preheat oven to 450°. Place chicken on a large baking sheet and bake until golden and internal temperature reaches 165°, 20 to 25 minutes, flipping halfway through. Makes 4 delicious, healthy servings.



Aging Mastery Program®

National Council on Aging

Join the Adventure!

The Aging Mastery Program encourages mastery. It helps individuals develop behaviors across multiple dimensions that will lead to improved health, stronger financial security, and over all well-being. The program provides guest professional speakers on 10 different topics.

Spaces are limited.

10 courses include:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Advance Planning
- Healthy Relationships
- Medication Management
- Community Engagement



The Erie County Department of Senior Services will be offering many chances to attend this program in our various Senior Centers this Fall. Contact Claire Solak at 716-898-2320 or Claire.solak@erie.gov for more information.

Hydration

This article is written by Maggie Hallahan, our University at Buffalo dietetic intern

As the warmer months arrive, it is a good time to refresh your knowledge on hydration! Do you know the common symptoms of dehydration? Or how much water you actually need in a day? Read on to learn all you need to know to stay hydrated this summer and beyond!

Drink plenty of water! (& eat hydrating foods!)

Try to drink at least eight glasses of water a day—and a little more in the summer months!

Also, foods can hydrate you, too! Try incorporating watermelon, cucumber, and many other fruits into your diet in order to help stay hydrated

Recognize the signs

Know the common signs of dehydration:

- Dizziness
- Headache
- Fatigue
- Thirst
- Dark urine
- Dry mouth



Know why it could happen to you

Dehydration is specifically dangerous for the elderly for a few reasons:

- Mobility Issues:** if you have a hard time moving around, it will be more difficult for you to get up and get yourself water. Combat this by always carrying a water bottle with you!
- Thirst Cues:** as we age, the body becomes less sensitive to thirst cues, so you may be thirsty and you do not even know it! A prevention step would be to carry water to drink frequently even if you do not necessarily feel thirsty
- Reduced Kidney Function:** if your kidney does not work properly, you have to drastically reduce the amount of liquid you can take in for your kidney to process. Due to this, you may experience dehydration. If you have reduced kidney function, talk to your doctor about different ways you can prevent dehydration

Combating Social Isolation Gardening

[Learn, Garden & Reflect with Cornell Garden Based Learning](#)- You can access all kinds of information on garden guidance and citizen science here.

[The Cornell Cooperative Extension \(CCE\) of Erie County Master Gardener Program](#)- Learn about what a Master Gardener does and access a wealth of gardening information.

[Buffalo-Niagara Gardening](#)- Peruse gardening tips, learn about shrubs, and become inspired to create beautiful floral arrangements here.

[Design a Successful Indoor Garden](#)- How-to for indoor gardening- explains in detail different types of indoor gardening options.

[Simple Indoor Gardening Activities](#)- Cute and crafty indoor garden ideas!

[DIY Indoor Garden Tips Article](#)- Nice article on growing indoor plants.

[Top Indoor Growing Ideas](#)- Great resource to keep you busy this winter and for indoor growing!



CLUB 99

You are never too old and it's never too late to build muscle.

Look out for Erie County Senior Services **premier** exercise program at local senior centers across Erie County. We offer both **virtual** and **in person** classes. The **in person** class time and dates vary depending on the center. The **virtual** class is held Monday-Friday at 9am-10am. Classes include resistance band exercises, cardio, stretching and use of small exercise ball. All 60 plus are welcome to join in. The side effects of regular exercise are: improved sleep, increase in blood circulation, improved heart health, increase in confidence, weight loss or maintenance, increased flexibility and overall increase in health and well-being. If you have any questions please contact Julie Ruzala 858-6403 julie.ruszala@erie.gov.























Erie County Stay Fit Dining Program

Standard Menu

July 2021



Monday	Tuesday	Wednesday	Thursday	Friday
28 Cheese Ravioli with Meatsauce Peas Seasoned Squash with Peppers Italian Bread Peaches  <i>Chocolate Milk</i> (813)	29 Entrée Salad Cranberry Chicken Salad on a Bed of Fresh Salad Greens with Classique Dressing Club Crackers  Sugar Cookies (797)	30 Roast Beef with Horseradish & Gravy Sweet Potatoes Savory Cabbage Rye Bread Frosted Cherry Cake (811)	1 Bratwurst with Sauerkraut & Mustard on a Bun German Potato Salad Mixed Vegetables Mandarin Oranges (745) 	2 Independence Day Lunch Chiavetta-marinated Chicken Cheesy Diced Potatoes Broccoli <i>Chef Salad with Dressing</i> Dinner Roll Apple Pie with Whipped Topping (1049) 
5 No Meals Served 	6 Breaded Chicken Drumsticks Macaroni & Cheese Zucchini & Tomatoes Fruit Punch Tropical Fruit (782) 	7 Polish Sausage with Sauerkraut & Mustard on a Bun Roasted Red Potatoes Au Gratin Broccoli <i>Marinated Tomato Salad</i> Rice Krispie Treat (845) 	8 Tortellini with Tomato Meat Sauce Italian Mixed Vegetables <i>Chef Salad with Dressing</i> Italian Bread Fresh Nectarine <i>Chocolate Milk</i> (704) 	9 Salisbury Steak with Onion Gravy Scalloped Potatoes Peas Dinner Roll Strawberry Bavarian (795) 
12 Turkey with Stuffing, Gravy & Cranberry Sauce Mashed Potatoes Carrots Lorna Doones (699) 	13 Beef Pepper Steak Casserole over White Rice Wax Beans with Carrot Broccoli Ice Cream Bar (681) 	14 Penne Pasta with Meatballs, Tomato Sauce & Mozzarella Cheese Country Cottage Mixed Vegetables <i>Chef Salad with Dressing</i> Ambrosia (784) 	15 Entrée Salad Julienne Salad with Classique Dressing Whole Wheat Dinner Roll Fresh Cantaloupe <i>Chocolate Milk</i> (653) 	16 Beer-Battered Fish with Tartar Sauce Au Gratin Potatoes Zucchini & Stewed Tomatoes Coleslaw Rye Bread Chocolate Brownie (825) 
19 Veal Parmesan over Penne with Tomato Sauce & Shredded Mozzarella Seasoned Spinach Apple Juice Chocolate Pudding (800)	20 Entrée Salad Tuna Macaroni Salad on a Bed of Fresh Salad Greens with Classique Dressing Club Crackers Fresh Watermelon <i>Chocolate Milk</i> (702) 	21 Beef Bourguignon over Brown Rice Cauliflower French Bean Medley Oatmeal Raisin Cookies (796) 	22 Baked Ham with Brown Sugar Glaze Cheesy Scalloped Potatoes Brussels Sprouts Cornbread Chocolate Swirl Ice Cream (813) 	23 Christmas in July Chicken Cordon Bleu with Herb Cream Sauce Vegetable Rice Pilaf Orange-glazed Carrots <i>Chef Salad with Dressing</i> Dinner Roll Lemon Meringue Pie (1030) 
26 Chicken Vegetable Casserole with a Biscuit Broccoli Fresh Plum <i>Chocolate Milk</i> (611) 	27 Hot Dog with Baked Beans & Ketchup on a Bun Corn-on-the-Cob Fruit Punch <i>Potato Salad</i> Fresh Watermelon (864) 	28 Entrée Salad Chicken Caesar Salad with Caesar Dressing Rye Bread Ice Cream Sandwich 	29 Lasagna Roll with Tomato Meat Sauce California Mixed Vegetables Grape Juice <i>Chef Salad with Dressing</i> Lemon Bavarian (837) 	30 Meatloaf with Swiss-style Gravy Mashed Potatoes Peas with Pearl Onions Wheat Bread Chocolate Brownie (849) 